

# the buzz

April 2019



## BIOMETRIC HEALTH SCREENINGS

Don't miss out on your \$50 gift card. Schedule an appointment today!

**Active employees who are covered under the City of St. Louis Medical Plan are eligible to sign up for a voluntary FREE biometric health screening.**

Employees will be provided the following vital health measurements:

- Body mass index (height and weight ratio)
- Total cholesterol
- Blood pressure
- Blood glucose

The on-site screening will be performed by BJC nurses, who will provide confidential analysis and review of individual results. A physician provided by Anthem will be available for patient consultation at all locations.

**SIGN UP TODAY!** Follow below steps to register:

1. **Call the BJC Health Line** at 314-747-7234, Monday-Friday from 8 a.m.-6 p.m. Reservations can be made until 6 p.m. two days prior to the screening. For example, if the screening you would like to attend is on a Wednesday, the deadline to register is Monday at 6 p.m. TIP: Do not wait until the last minute to call.
2. **Please provide an email** to the BJC Health Line. By providing this, you will receive an appointment reminder.
3. **Bring employee ID or driver's license** to check in the day of the event.
4. **Pick up your \$50 Schnucks gift card** once your screening is complete.

**Didn't make an appointment?** You can still complete the screening and **earn a \$25 Schnucks gift card**. Bring an employee ID or driver's license to the screening event.

Gift cards are considered taxable by the IRS and will be included in overall income for 2019.

### SPRING 2019 BEE-FIT BIOMETRIC HEALTH SCREENINGS

March 27	City Hall	10 a.m.-2 p.m.	1200 Market St., Rotunda, St. Louis, MO 63103
April 2	Water Division-Chain of Rocks	9-11 a.m.	10650 Riverview St., Lunch Rm., St. Louis, MO 63137
April 10	Airport	11 a.m.-3:30 p.m.	10701 Lambert Intl. Blvd., Aero-An Event Space., St. Louis, MO 63145
April 11	Street Department	7-9 a.m.	1900 Hampton Ave., Street Ready Division Rm., St. Louis, MO 63139
April 11	Equipment Services	9:30-10:30 a.m.	1900 Hampton Ave., Lunch Rm., St. Louis, MO 63139
April 16	Fire Department Headquarters A-Shift	9 a.m.-noon	1421 N Jefferson Ave, Class Rm., St. Louis, MO 63106
April 17	Fire Department Headquarters B-Shift	9 a.m.-noon	1421 N. Jefferson Ave, Auditorium, St. Louis, MO 63106
April 18	Fire Department Headquarters C-Shift	9 a.m.-noon	1421 N. Jefferson Ave, Auditorium, St. Louis, MO 63106
April 23	1520 Market	10 a.m.-1 p.m.	1520 Market St., Conference Rm. 1, St. Louis, MO 63103
April 24	Medium Security Institution	2-4 p.m.	7600 Hall St., Briefing Rm., St. Louis, MO 63137
April 25	Forestry Division	2:30-4:30 p.m.	1415 N 13th St., Garage, St. Louis, MO 63106
April 30	Family Courts*	10 a.m.-noon	920 Vandeventer Ave., Detention Unit A, St. Louis, MO 63108
May 1	City Hall	9 a.m.-noon	1200 Market St., Rotunda, St. Louis, MO 63103
May 2	Refuse Division	12-2 p.m.	1200 Industrial Dr., Ready Rm., St. Louis, MO 63110
May 7	Water Division-Howard Bend	9-11 a.m.	Waterworks Rd., Filter Plant Training Rm., Chesterfield, MO 63017
May 9	Water Division-McRee	7:30-9:30 a.m.	4600 McRee Ave., Lunch Rm., St. Louis, MO 63110
May 14	City Justice Center	1-4 p.m.	200 S Tucker Blvd., Briefing Rm., St. Louis, MO 63102
May 15	Parks and Recreation	7-9:30 a.m.	5600 Clayton Ave., Conference Rm., St. Louis, MO 63110
May 16	Carnahan Building	9 a.m.-noon	1114 Market St., Rm. 919, St. Louis, MO 63101
May 21	City Hall	9 a.m.-noon	1200 Market St., Rotunda, St. Louis, MO 63103
May 22	Police Division Headquarters	11 a.m.-12:30 p.m.	1915 Olive St., Cafeteria, St. Louis, MO 63103

\*Limited access site: only employees from this site will have access

## Mammography Screenings

Schedule your screening with the Siteman Cancer Center Mammography Van. Appointments must be made in advance by calling 314-747-7222 or 800-600-3606 (press Option 2) between 8 a.m.-4:30 p.m., Monday-Friday. Appointments are strongly recommended and walk-ins are accepted as time permits.

Visit the [Employee Screenings web page](#) for a complete list of City of St. Louis worksite screenings.

Date	Location/Address	Time
March 27	City Hall 1200 Market St., St. Louis, MO 63103	8 a.m.- 3 p.m.
April 5	Medium Security Institution 7600 Hall St., St. Louis, MO 63137	7 a.m.- 1 p.m.
May 16	City Hall 1200 Market St., St. Louis, MO 63103	8 a.m.- 3 p.m.
June 12	Fire Dept Headquarters 1421 N Jefferson Ave, St. Louis, MO 63106	8 a.m.- 3 p.m.
June 26	Police Division Headquarters 1915 Olive St., St. Louis, MO 63103	8 a.m.- 3 p.m.

# April Happenings

## City of St. Louis Bee-Fit Wellness Fair

### PREVENTION - The Key to Wellness

Location:



Aero - An Event Space

**Date:** Wednesday, April 10

**Time:** 11 a.m.-3:30 p.m.

Prevention is the key to wellness! Spring into screenings this year at the Wellness Fair where you can schedule various screenings during your workday. The Wellness Fair will also feature interactive vendors, door prizes and educational information.

**The Wellness Fair will include 40 plus vendors! Some of the vendors include:**

- AFLAC
- Anthem Blue Cross Blue Shield
- Big Shark Bike Shop
- Buoyant Float Spa
- Climb So Ill indoor rock climbing venue
- Club Fitness
- Crown Vision
- Department of Health Nutrition Services
- Delta Dental
- Dental Source
- Empower Retirement
- Host food vendor
- Jamba Juice
- LiveHealth Online
- Livongo
- MassageLuxe
- MetLife
- Move by BJC Fitness Center
- Perennial-Creative reuse for all
- Touring Cyclist
- Washington National
- YMCA

**Earn a \$50 gift card at the Wellness Fair by signing up for a Bee-Fit biometric screening! Call 314-747-7234 to make your appointment today!**

## April is Stress Awareness Month

Laughter is a great way to decrease stress. In fact, studies have shown that humor and laughter can improve your physical and mental health and coping abilities.

### The Benefits of Humor

Specifically, humor can promote health by:

- **Reducing Stress.** Laughter provides an outlet for relieving feelings of stress and anxiety. Laughter can "clear your head," helping you look at a situation from a new angle.
- **Improving Quality of Life.** Regular, healthy doses of humor and laughter can enrich your life in many ways. Studies have shown that people with a good sense of humor tend to be less stressed, anxious and depressed.

### Look for Humor in Your Life

To fully gain the benefits of humor, seek opportunities to add humor to your life. Go see a funny movie. Watch your favorite sitcom. Remember the funny jokes, sayings and bumper stickers you come across and pass them on to others. These are many ways to maximize the value of humor's healing power in your life.

Find more articles like this one on the [BJC EAP web site](#).



Provided by:  
Department of Personnel and BJC HealthCare  
for the Bee-Fit Wellness Program

For more information:  
Contact Cathy Hargrove at 314-622-4849 or  
[hargrovec@stlouis-mo.gov](mailto:hargrovec@stlouis-mo.gov)

Look for us on:  

**BJC HealthCare**